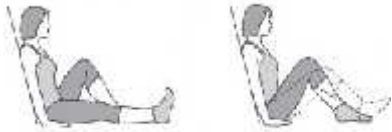


Arthritis Of The Knee

Leg Stretch – Sit on the floor with your legs stretched out in front. Keeping your foot to the floor, slowly bend one knee until you feel it being comfortably stretched. Hold for 5 seconds. Straighten your leg as far as you can and hold for 5 seconds. Repeat 10 times with each leg.



Leg Cross – Sit on the edge of a table or bed. Cross your ankles over. Push your front leg backwards and back leg forwards against each other until the thigh muscles become tense. Hold for 10 seconds, then relax. Switch legs and repeat. Do 4 sets with each leg.



Sit/Stands – Sit on a chair. Without using hands for support, stand up and then sit down. Make sure each movement is slow and controlled. Repeat for 1 minute. As you improve, increase the number of sit/stands you complete and try the exercise from a lower chair or bottom two steps of stairs.



Step Ups – Step onto the bottom step of the stairs with the right foot. Bring up the left foot and then step down with the right foot, followed by the right foot. Repeat with each leg until you get short of breath. Hold onto the banister for support if necessary. As you improve, try to increase the number of steps you can do in a minute and the height of the step.



Knee Squats – Hold onto a chair or work surface for support. Squat down until your kneecap covers your big toe. Return to standing. Repeat at least 10 times. As you improve try to squat a little further. Don't bend your knees beyond a right angle.



Lincolnshire
Physiotherapy
& Sports Injuries Clinics

Lincoln | South Lincoln | Market Rasen
Louth | Marshall's Yard | Epworth | Navenby

E info@lincolnphysioclinic.co.uk
W www.lincolnphysioclinic.co.uk

Arthritis of the Knee

Osteoarthritis, commonly known as 'wear and tear' arthritis, is the most common form of joint disease and the knee is one of the most commonly affected areas.

It occurs when degeneration of the joint surface causes the smooth surface to become roughened.

Diagnosis

It can be diagnosed by a Doctor or Physiotherapist by taking a brief history and physical examination.

X-rays and other investigations are rarely needed, however may be required in some cases to exclude other problems.

Signs and Symptoms

- Pain
- Stiffness
- Grating or grinding sensation
- Swelling
- Difficulty walking
- Reduced movement
- The joint gives way

Healthy Knee Joint & Osteoarthritis



What Can Help?

Weight Loss - being overweight will increase the strain on the joints.

Exercising Regularly - muscle strengthening and aerobic exercise to make the joint more stable and increase mobility and flexibility.

Pain Killers, Anti-Inflammatory Medication or Topical Gels

Acupuncture - for pain relief, commonly used by physiotherapist to ease symptoms.

Reducing Stress On The Joint – braces, sticks, appropriate footwear, etc.

Steroid Injections can give short term pain relief.

Surgery – For severe pain when self-help measures have proved ineffective. Seek advice from your GP.

Helpful Exercises

Straight-Leg Raise (Sitting) – Sit well back in a chair with good posture. Straighten and raise one leg. Hold for slow count to 10, then slowly lower your leg. Repeat this at least 10 times with each leg. If you can do this easily try it with light weights and with your toes pointing towards you. Try the exercise every time you sit down.



Straight-Leg Raise (Lying) – Bend one leg at the knee. Hold the other leg straight and lift off the bed. Hold for a slow count of 5, then lower. Repeat 5 times with each leg. Try doing it in the morning and at night while lying in bed.

